

The approach to coaching student teams in competitive sports, both amateur and professional, in the realm of sports

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Abstract

Objective of the study was to theoretically, to create and substantiate a plan for training student teams in competitive sports, both at the amateur and professional level.

Methods and structure of the study. The methods employed were theoretical and sociological research methods, as well as strategic planning. The theoretical methods included: studying specialized scientific and methodological literature and regulatory documents; constructing a model of the subject; employing the structural and functional approach; describing and comparing; analyzing theoretical solutions and verifying the feasibility of resolving contradictions.

The sociological method involved conducting an expert survey among 48 professionals from higher education institutions, who were asked to share their insights on the strategic directions for training student sports teams in competitive sports.

The strategic planning method involved conducting a SWOT analysis, which involves identifying the factors within and outside the environment of the subject under study.

Results and conclusions. From a managerial perspective, the crafted strategy encompasses objectives, milestones, and anticipated outcomes. Through the application of theoretical and sociological research techniques, as well as strategic planning, the elements of a comprehensive management plan for preparing student teams in competitive sports within the framework of amateur and professional sports have been devised and validated.

Keywords: : mass and professional sports, student sports, sports games, sports team, management, player training.

Introduction. In accordance with the approved nomenclature and passport of scientific specialties (Order of the Ministry of Science and Higher Education of the Russian Federation dated February 24, 2021 No. 118), research in the field of student sports relates to the theory and methodology of sports. According to the approved concept and methodological recommendations for the development of student sports in the Russian Federation for the period up to 2025, it is developing in the context of mass and professional sports, which requires constant scientific and practical substantiation^{1 2}.

1 Ob utverzhdenii kontseptsii razvitiya studencheskogo sporta v Rossiyskoy Federatsii na period do 2025 goda. Prikaz Ministerstva sporta Rossiyskoy Federatsii ot 21 noyabrya 2017 goda №1007. Available at: <https://docs.cntd.ru/document/555766975>

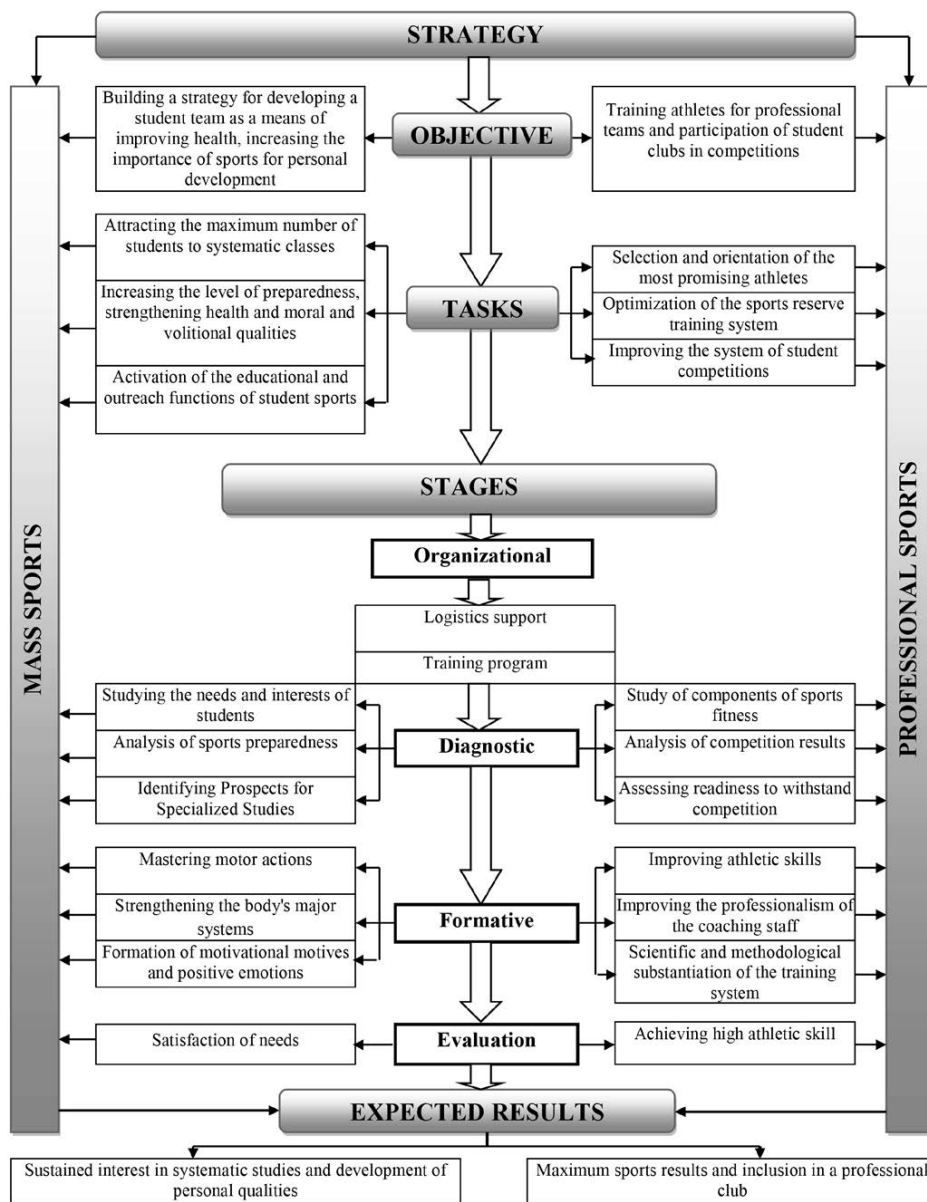
2 Metodicheskiye rekomendatsii po razvitiyu studencheskogo sporta v Rossiyskoy Federatsii. Utverzhdeno Minobrnauki Rossii 01.12.2023, Minsportom Rossii 05.12.2023, Minprosveshcheniyem Rossii 04.12.2023. Available at: <https://legalacts.ru/doc/metodicheskie-rekomendatsii-po-razvitiyu-studencheskogo-sporta-v-rossiiskoi-federatsii/>

Sports games, which are the object of research, are included in the general strategy for the development of student sports, which requires scientific justification for the need to form sports teams and their effective training at the university [1-3]. Within the framework of mass sports, such types as basketball, volleyball, football, etc., solve many pedagogical and social problems, among which the leading place belongs to involving students in systematic classes, satisfying the need for physical activity, acquiring positive emotions and fostering a sense of collectivism, as well as strengthening the vital systems of the body. Sports games at the university can also solve the problems of professional sports, which consist in the effective preparation of a sports reserve for professional teams, as well as the implementation of sports skills in competitive activities, which determines the achievement

of high sports results. Thus, the available program and regulatory documentation, as well as the analysis of the opinions of specialists in the field of student sports indicate the presence of contradictions between the need to develop an effective strategy for managing the preparation of student sports teams in game sports and the weak scientific and methodological justification of these issues in the system of mass and professional sports.

Objective of the study was to theoretically, to create and substantiate a plan for training student teams in competitive sports, both at the amateur and professional level.

Methods and structure of the study. The methodological techniques were theoretical and sociological methods of research, as well as the method of strategic planning. Theoretical methods of research included: analysis of special scientific and methodological literature and program and regulatory documentation; construction of an object model; structural and functional method; description and comparison; analysis of theoretical solutions, verification of the possibility of eliminating contradictions. The sociological method was an expert survey of 48 specialists of higher education institutions, who were asked to express their opinion on the strategic directions of train-



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ing student sports teams in team sports. The strategic planning method involved the use of SWOT analysis, which consists in identifying factors of the internal and external environment of the object under study.

The proposed methodology made it possible to generalize and present a strategy for managing the system of training student teams in team sports within the framework of mass and professional sports.

Results of the study and discussion. According to management theory, any strategy should provide for the presence of a goal, objectives, stages of implementation and expected results. In this regard, using theoretical and sociological research methods, as well as the method of strategic planning, the components of the general plan for managing the preparation of student teams in game sports in the context of mass and professional sports were developed and substantiated.

The target component of the strategy for managing the preparation of a sports team within the framework of mass sports should ensure the achievement of health improvement of young people, increasing the significance of the sport for personal development. In professional sports, the goal of the management strategy is to achieve high-quality training of athletes for professional teams and their participation in competitions.

The tasks, as a component of the strategy under consideration in mass sports should be solved: attracting the maximum number of students to systematic classes; increasing the level of training, strengthening health and moral and volitional qualities; activating the educational and educational function of student sports. The implementation of the strategy within the framework of professional sports solves completely different problems, such as: selection and orientation of the most promising athletes; optimization of the system of training of the sports reserve; improvement of the system of student competitions.

Achieving the goal and solving the tasks of the strategy is determined by holding four stages: organizational, diagnostic, formative and evaluation. Within the framework of the organizational stage, an important component of mass and professional sports training of a student team in game sports is high-quality logistical support of classes, as well as the presence of a training plan in the short-term and long-term. The diagnostic stage in mass sports is aimed at studying the needs and interests of students, analyzing sports readiness and determining the prospects for specialized classes. In professional sports, the diagnostic stage of the strategy includes studying the

components of sports readiness, analyzing competition results, assessing readiness to withstand competition. The results obtained during the diagnostic stage are the basis for the formation of rational and effective motor actions, incentives and positive emotions through mass sports, as well as strengthening the main systems of the body. For professional sports, the formative stage of the strategy for managing the training of student teams in game sports includes improving athletic skills; increasing the professionalism of the coaching staff; scientific and methodological substantiation of the training system. The assessment stage allows determining in the context of mass sports the satisfaction of needs for physical activity, the level of health and physical fitness in the process of playing sports games. In professional sports, the assessment stage of the strategy under consideration is aimed at analyzing the achievements of high sportsmanship in the chosen sport. The implementation of all stages is expressed by the component «expected results». In mass sports, they are determined by the formation of a stable interest in systematic training and personal qualities. In professional sports – by maximum sports results and the inclusion of the player in the club. Achieving the expected results determines the fulfillment of the goal and the solution of the tasks.

Conclusions. The developed, generalized and substantiated strategy for managing the preparation of a student team in game sports is a completely new approach that meets the needs and demands of students, and also fits into the concept of developing mass and professional sports in the Russian Federation.

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